



## The Home Economics' Contribution to Social Welfare and Societal Development

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### ABSTRACT

Society is composed of a group of individuals, and every achievement or setback directly impacts its social strata. The economic status of families is also crucial for the development and welfare of society because it determines how individuals' daily needs are met and their contribution to social and economic matters. The aim of this research is to investigate the impact of home economic disparities on societal development and social well-being. The research is descriptive in nature, and data were collected in a targeted manner using a questionnaire from fourth-year students at the Faculty of Education. The collected data were transferred to SPSS 24 for analysis, and analyzed using descriptive statistical methods (mean, standard deviation, multi-variate tests and Wilks' Lambda test). The result of the Wilks' Lambda test ( $0.001 p < 14.599 = F$ ) indicates a significant difference between home with different economic statuses (good, average, and weak) in terms of home economics, social welfare, family expenses and investments, and the development and support of society. Overall, the results of this study show that strengthening home economics is a vital factor for social well-being, economic development, and the improvement of the overall societal state. The enhancement of households' economic status not only improves individual living conditions but is also essential for social justice, harmony, and the progress of society.

## 1. INTRODUCTION

Society, which is composed of a group of individuals and formed by the existence of people, is directly affected by every achievement or setback of its existing social strata. Special attention to education and the upbringing of the younger generation plays a fundamental role in the social development of a country, as today's youth are the leaders of tomorrow, and the future of the country lies in their hands. The more attention is given to their education and nurturing, the more the future and progress of the country and society can be ensured and trusted (Adams, 2003).

The development of society and social welfare are linked to the presence of several key factors, one of the most fundamental and vital being home economy. Home economy forms the basis for meeting the daily needs of family members and determines their level of contribution to social and economic matters. Strengthening home economies not only improves the lives of the families but also drives society toward a stable and progressive future (Almeida & Wolfenzon, 2004).

When the home economics is strong, families can adequately meet their basic needs, such as food, clothing, and shelter. In addition, families invest in the education of their children, which raises the level of knowledge and skills for the future generation (Bertrand et al, 2004). The development of home economy not only provides better living conditions for family members but also plays a crucial role in social and economic stability, as economic problems lead to pressures and inequalities in various parts of society. Another important role of home economy is creating job opportunities. Many families rely on their economic resources to start small businesses, which not only provides them with a source of income but also creates new jobs for society (Boucourt, 2003).

Furthermore, home economy creates opportunities for local production, which in turn benefits the national economy (Gompers et al., 2004). As home economics grow, social welfare is enhanced. Families without economic problems experience mental peace and play a constructive role in cooperating and helping others. As a result, society takes steps toward a shared life, mutual respect, and social justice (Hermalin & Weisbach, 2017). Home economy is one of the most important and fundamental factors for the

development and welfare of society. The weakness of home economy not only impacts the quality of life of families but also causes disruption in social and economic stability (William, 2004). In many societies, due to limited economic resources of households, basic needs like food, clothing, and shelter are not fully met, which creates significant obstacles in the areas of education, healthcare, and social development (Wikle & Hoagland, 2020).

The research gap in this study focuses on the lack of empirical studies that directly explore the relationship between home economic conditions with social welfare and societal development in the context of Afghanistan. While global research highlights the importance of home economics for social welfare (Mustapha et al., 2011; Diagne, 2006), there is a scarcity of studies addressing this issue in Afghan society, where economic disparities significantly impact education, social welfare, and societal progress. In Afghanistan, household economy remains a crucial yet under-researched factor in determining social well-being, especially in relation to the future educators who will influence societal development. Therefore, this research addresses a critical gap by exploring how students from economically diverse households perceive their role in societal development and social welfare.

The significance of this research lies in the fact that strengthening the household economy not only improves the quality of life of families but also opens a fundamental path for the social, economic, and cultural development of society. Working on solving this problem has a profound impact on social well-being, economic stability, and the education and training of the younger generation. The aim of this research is to determine the impact of household economic status on the development of society and social well-being.

## **2. LITERATURE REVIEW**

Based on the analysis of household economy, economic status is directly related to the income and expenditure of households. Numerous studies have shown that economic stability and growth are fundamental tools for households to meet all their basic needs. Strengthening household economy not only improves the quality of life for families but also provides pathways for economic development for society (Mustapha et al., 2011).

Therefore, the development of household economy is considered essential for the social and economic development of the country.

The assessment of the coordination of economic and social structures is crucial for social well-being (Sacchetti, 2023; Petrovitch, 2018) found in their studies that improving the economic status of households leads to increased social justice and harmony, which are key factors for social development. Household economic activities play an important role in reducing social pressures and creating better living conditions, thus contributing to social well-being.

Research on household expenses and investments shows that investment by households in education, health, and certain economic activities brings long-term benefits for the future. (Diagne, 2006) demonstrated in his study that household investment not only provides better education for children but also benefits the national economy. Household economic status and their investments play a significant role in the progress of society.

The development of society and its support are closely linked to economic growth. When households improve their management of expenses and investments, it creates opportunities for the expansion of economic structures within society (Cottrell, 2009). Society's development is directly related to the economic status of households and the strengthening of social support.

Social welfare arises from the coordination of individual and social economic structures. When households do not face economic difficulties, they experience mental peace, which fosters collaboration and assistance within the entire society (Ding et al., 2014). In this way, through the strengthening of household economy, social justice and welfare are promoted.

A strong foundation in household economy contributes to the improvement of social welfare and the overall mental state of society. Improved economic conditions of households not only enhance their daily living standards but also create conditions for stability, harmony, and cooperation within society. A significant contribution from households in social welfare leads to poverty reduction and alleviation of social pressures (De Leon & Boris, 2010).

Strengthening household economy is a key factor for social progress. When households are economically strong, they gain better educational opportunities for their children and access to superior healthcare services, directly linking to the economic and social development of society (Morigeau, 2020). Strengthening household economy provides opportunities for improving social support and development, which paves the way for a more equal and just societal structure.

In the context of household economy analysis, the management of household expenses and investments is essential for social welfare. When households manage their expenses effectively and invest wisely, not only does this foster self-sufficiency, but it also plays a vital role in the economic development of society (Mihic et al., 2016). Improvement in household economy expenses and investments has positive effects across various sectors of society.

Based on the above research, there is a direct link between household economy, social well-being, household expenditures and investments, and societal development. These relationships take significant steps towards the economic and social development of society. According to this body of research, effective policies and actions for economic empowerment are crucial. Strengthening the economic status of households is important not only for improving their living standards but also for the overall development of society.

### **3. METHODOLOGY**

The research design for this study was a descriptive survey design. The total population consisted of all male students of the Faculty of Education at Nangarhar University, totaling 880 students in 2024. A purposive sample of 200 final-year students across eight departments of the Faculty of Education was selected. These students were chosen because they possess the maturity and academic knowledge necessary to provide informed and insightful responses to the questionnaire.

Data collection was conducted over three days, from December 11th to December 13th, 2024, using a researcher-developed questionnaire. The Faculty of Education was selected for this study due to its strong relevance and alignment with the research focus on societal development and social welfare. Students in this faculty are trained to

become teachers, community leaders, and influencers in various social sectors. Their understanding of socioeconomic disparities and their potential to address these issues in their future professional roles made them an especially valuable group for this research.

Given the educators' direct contributions to the upbringing, development, and welfare of future generations, they represent the most relevant sample for a study centered on societal progress. Finally, due to time and resource constraints, a purposive sampling method was employed to select a group that would provide the most relevant and insightful data for achieving the research objectives.

### **3.1. Instrument**

A questionnaire on the role of household economy in societal development and social welfare was designed by the researchers, based on various scholarly writings. The questionnaire consists of four sections (Household Economy Income, Social Welfare, Household Expenses and Investments, and Support for Societal Development. Each section contains five questions based on Likert scale (Strongly Disagree =1 -Strongly Agree =5). Higher scores on this questionnaire indicate a stronger role of household economy in societal development and social well-being, while lower scores highlight weaknesses.

### **3.2. Statistical analysis**

Data were analyzed using the statistical package for social sciences (SPSS) version 24 generated. The collected quantitative data were reported as means and standard deviations. The categorical data were reported as frequencies and percentages. Multivariate Tests of Regression was used to analyze the impact of home economic disparities on societal development and social Welfare different parts.

#### 4.RESULTS and Discussion

Findings Table 1: presents the, mean, standard deviation of the three different economic status.

Variables	Weak Economic Status			Average Economic Status			Very Good Economic Status		
	Cou nt	Mea n	Standar d Deviati on	Cou nt	Mea n	Standar d Deviati on	Cou nt	Mea n	Standar d Deviati on
Home Economy Income	43	14.00	4.55	143	17.42	3.87	25	18.96	3.20
Social Welfare	43	16.25	5.06	143	18.90	3.29	25	19.92	4.46
Expenditures & Investment	43	14.37	4.32	143	16.87	3.33	25	17.64	3.98
Societal Developmental Support	43	14.00	4.55	143	16.27	3.96	25	17.08	4.48
Total	43	58.62	15.02	143	69.48	11.02	25	73.60	13.03

Table 1, clearly shows that the mean for households with good and average economic status significantly differ from those with weak economic status.

2. **Table 2:** shows Wilks' Lambda test impact of economic status as an independent variable on aspects of social development and well-being.

Multivariate	Test	Value	F	Df (Hypothesis)	Df (Error)	Significance
Test	Wilks' Lambda	0.84	4.599	8.000	410.00	0.001

The result of Wilks' Lambda ( $p < 0.001$ ,  $F = 14.599$ ) shows a significant difference between different home economic statuses (good, average, and weak) in terms of home economy income, social well-being, household expenditures and investment, and societal development and support. To understand the differences in various indicators (household economy and income, social well-being, household expenditures and investment, societal development, and support), we use multivariate analysis.

Table 3: Results of the Multivariate Tests for Social Development and Welfare in Households with Different Economic Status.

Related Variables	Sum of Squares	Df	Mean Square	F	Significance Level
Home Economy & Income	507.350	2	253.675	16.216	0.001
Social Well-being	290.876	2	145.438	9.759	0.001
Household Expenditures & Investment	246.781	2	123.391	9.355	0.001
Societal Development & Support	210.638	2	105.319	6.104	0.003
Total Social Development & Well- being	4866.371	2	2433.185	16. 426	0.001

As shown in Table 3, the results of the analysis indicate significant differences between households with different economic statuses in terms of household economy and income



( $F=16.216$ ,  $p<0.001$ ), social welfare ( $F=9.759$ ,  $p<0.001$ ), and household expenditures and investment ( $F=9.355$ ,  $p<0.001$ ). However, no significant differences were found regarding societal development and support across different economic status groups. This implies that greater attention is given to household economy and income, social well-being, and household expenditures and investments, while the general situation of societal development and support does not show significant variation among households of different economic statuses. Overall, a significant and strong relationship is observed between social well-being, economic status, household expenditures and investments, all of which are important for social development and well-being.

## 5. Discussion

The aim of this research was to explore the impact of household economic status on social development and well-being. The findings of this study highlight significant differences between households with varying economic statuses (good, average, and weak) in terms of household economy, social well-being, household expenditures and investments, and societal development. The results indicate that a strong household economy is closely linked to social well-being, economic development, and the overall mental and psychological state of society.

The study's findings show that households with strong economic status are more likely to effectively manage their income, which plays a key role in improving their quality of life. This aligns with Mustapha et al (2011) research, which argues that strengthening household economies not only improves the living standards of families but also opens avenues for economic development at the societal level. If households are economically self-sufficient and well-managed, they are likely to produce better human resources that contribute to societal progress.

Furthermore, the study reveals that households with stronger economic status tend to have better social well-being. This is consistent with the findings of Sacchetti (2023) and Petrovitch (2018), who emphasize that improved economic status is essential for social well-being. Economic difficulties can negatively impact the quality of life, leading to increased mental and psychological issues. On the other hand, having a good economic status is considered an important factor in preventing mental and psychological stress.

The findings of the study also indicate that economically strong households are not only capable of fulfilling their basic needs but also investing in their children's education, healthcare, and other sectors. These results align with Diagne's (2006) research, which suggests that household investments contribute positively to the economy. Households with lower incomes, however, often have to prioritize their basic needs over investments in their children's education or healthcare services. In contrast, wealthier households are more able to invest in their children's education and other critical areas, thus creating opportunities for long-term economic and social development.

When households are economically strong, they are more likely to invest in their children's education, which is crucial for both social and economic progress. The study's results show that societal development and support are directly linked to the household's economic status. This finding also supports Cottrell's (2009) research, which emphasizes the close connection between household economic status and societal development. However, it is important to note that the development of household economic status alone is not sufficient for societal progress. Other factors, such as social structures, education, healthcare, culture, and government support, are also essential for social welfare and development.

Overall, the relationship between household economy and income demonstrates that the economic status of families directly impacts their quality of life. Additionally, improving social welfare and investing in household expenditures are vital for long-term societal development. The research has shown that the level of social development in households varies according to their economic status. However, it is not solely dependent on the development of economic status, as social structures, education, healthcare, culture, and government support are also important factors for social welfare and progress.

## **6. Conclusion**

Overall, the findings of this study show that strengthening the household economy is considered a vital element for improving social well-being, economic development, and the mental welfare of society. The enhancement of households' economic status not only improves individual living conditions but is also essential for social justice, harmony, and the progress of society. The results of this research emphasize the importance of

focusing on strengthening the household economy and improving the economic status of households for the future development of society. This study confirms that the strengthening of the household economy and the improvement of household economic status are key factors for social development, well-being, and the overall mental welfare of society.

### **Limitations of the Study**

The study focused solely on 200 fourth-year students from the Faculty of Education at Nangarhar University. As a result, the findings may not fully represent the perspectives of students from other faculties or the broader university population. Expanding the sample to include students from other faculties could provide more generalized and diverse insights. Additionally, the research tools used were questionnaires, which come with inherent limitations. Despite the emphasis and necessary clarifications provided by the researchers, some participants may not have provided their true responses.

### **Recommendations**

- The government and relevant authorities should give serious attention to the economic status of households to improve their quality of life and promote social justice.
- Investment in education and health should be encouraged within households, as it not only leads to individual development but is also essential for the sustainability of society.
- Effective policies should be implemented to reduce economic pressures, so that necessary peace of mind and psychological welfare can be provided to society.

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